

Personal Action Toward Health 2020 Distance-Learning Workshops

Personal Action Toward Health (PATH) is designed to provide skills and tools to help people with long-term health problems and their support systems to live healthier lives. The National Kidney Foundation of Michigan (NKFM) provide the following types of PATH workshops:

- **PATH** – people with a chronic health condition such as arthritis or hypertension
- **Diabetes PATH** – people who are living with Type 2 Diabetes
- **Chronic Pain PATH** – people living with chronic pain
- **Kidney PATH** – Two additional sessions for people with Chronic Kidney Disease (CKD)
- **Caregiver PATH** – caregivers of people with long term health condition(s)

PATH workshops are offered in the following distance-learning formats:

- **Video conference (Zoom):** Video sessions held once per week at scheduled times with a small group of participants. Requires reliable internet connection and camera feature on computer, tablet, or phone. *See schedule of workshops listed below.*
- **Online - Better Choices Better Health:** Log in on your own time to review weekly content and communicate with other participants and leaders on discussion boards. Workshops consist of about 25 participants from across the country. To register visit: nkfm.org/bcbh.
- **Toolkit with phone support:** Self-directed, home learning with telephone support. Toolkit sent by mail and calls held once per week with a small group of participants to review key weekly activities. To register for a group, visit nkfm.org/path or call 734-222-9800.

Please Note: The last day for a participant to join is the 2nd week of the workshop. Workshops are free. Donations are accepted.

Upcoming Video Conference Workshops

General PATH

PATH

Tuesdays from 6:00 – 8:00pm
Info Session: September 15 at 6:00 – 6:30pm
Sessions 1-6: September 22, 29, October 6, 13, 20, 27
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

PATH

Wednesdays from 1:00 – 3:00pm
Info Session: November 4 at 1:00 – 1:30pm
Sessions 1-6: November 11, 18, 25, December 2, 9, 16
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

PATH

Wednesdays from 6:00 – 8:30pm
Info Session: October 7 at 6:00 – 6:30pm
Sessions 1-6: October 14, 21, 28, November 4, 11, 18
To register contact Beaumont Health: 800-633-7377
Or visit <http://classes.beaumont.org>

*** This workshop is a fully inclusive and accessible PATH class for people with disabilities.**

For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 PATHPrograms@nkfm.org or check out our website www.nkfm.org/path For additional PATH Workshops or other health programs in Michigan check out: <http://www.mihealthyprograms.org/>

Diabetes PATH

Diabetes PATH

Tuesdays from 6:00 - 8:00pm
Info Session: August 25 at 6:00 – 6:30pm
Sessions 1-6: September 1, 8, 15, 22, 29, October 6
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

Diabetes PATH

Wednesdays from 1:00 - 3:00pm
Info Session: September 9 at 1:00 – 1:30pm
Sessions 1-6: September 16, 23, 30, October 7, 14, 21
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

Diabetes PATH

Tuesdays from 10:00am - 12:00pm
Info Session: September 15 at 10:00 – 10:30am
Sessions 1-6: September 22, 29, October 6, 13, 20, 27
To register contact Ascension: 248-849-5752

Diabetes PATH

Thursdays from 6:00 - 8:00pm
Info Session: October 1 at 6:00 – 6:30pm
Sessions 1-6: October 8, 15, 22, 29, November 5, 12
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

Diabetes PATH

Tuesdays from 1:00 - 3:00pm
Info Session: October 6 at 1:00 – 1:30pm
Sessions 1-6: October 13, 20, 27, November 3, 10, 17
To register contact Ascension: 248-849-5752

Diabetes PATH

Mondays from 10:00 - 12:00pm
Info Session: November 2 at 10:00 – 10:30pm
Sessions 1-6: November 9, 16, 23, 30, December 7, 14
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

Chronic Pain PATH

Chronic Pain PATH

Thursdays from 10:00 - 12:00pm
Info Session: August 20 at 10:00 – 10:30am
Sessions 1-6: August 27, September 3, 10, 17, 24, October 1
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

Chronic Pain PATH

Mondays from 6:00 - 8:00pm
Info Session: October 5 at 6:00 – 6:30pm
Sessions 1-6: October 12, 19, 26, November 2, 9, 16
To register contact Beaumont Health: 800-633-7377
or visit <http://classes.beaumont.org>

Kidney PATH

Kidney PATH

Thursdays at 10:00 – 12:00pm
Info Session: August 27 at 10:00 – 10:30am
Sessions 1-8: September 3, 10, 17, 24, October 1, 8, 15, 22
To register contact: 800-482-1455
Or via email at PATHprograms@nkfm.org

The NKFM offers a number of distance learning programs on disease prevention or management and physical activity for adults and kids. For more information, visit: nkfm.org/distancelearning.

The NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or e-mail at PATHPrograms@nkfm.org.

For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 PATHPrograms@nkfm.org or check out our website www.nkfm.org/path For additional PATH Workshops or other health programs in Michigan check out: <http://www.mihealthyprograms.org/>